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| **Soda Bread**    Serves 24 tastes  Source: Hairy Bikers – BBC FOOD | |
| **Ingredients**  225g self-raising white flour, plus extra for dusting and rolling  225g plain wholemeal flour  1 tsp soft brown sugar  1 tsp bicarbonate of soda  1/2 tsp salt  250g full-fat natural yoghurt  175ml milk, plus extra for glazing  Rolled oats to sprinkle  Butter to serve | **Equipment**  Wooden spoon  Chopping board  Measuring cups and spoons  Mixing bowl  Measuring scales  Baking tray |
| **What to do:**   * Preheat the oven to 200C. Cover a large baking tray with baking paper. * Put the white and wholemeal flour in a large bowl and stir in the sugar, bicarbonate of soda and sea salt. Tip onto a clean work surface and scoop into a heap. Make a well in the centre. * Mix the yogurt and milk in a large jug until smooth. Pour a fifth of the milk mixture into the well and mix some of the flour into the liquid with a wooden spoon. Add a little more and continue to draw the flour into the liquid. Keep adding and mixing until all the liquid and flour is combined. * Using your hands, knead the dough for a couple of minutes, or until light and spongy. You may need to add a little extra flour if the dough is sticky, but try not to add too much as you want the bread to be light and airy. * Divide the dough into 12 portions and roll into balls. Place on the baking tray, evenly spaced apart. Flatten slightly with the palm of your hand until around 4cm deep. * Brush the rolls with a little milk, and scatter over some rolled oats. Bake for 20 minutes, or until well risen and golden-brown. The crusts should be nice and crisp. * Serve with a small wedge of butter. | |